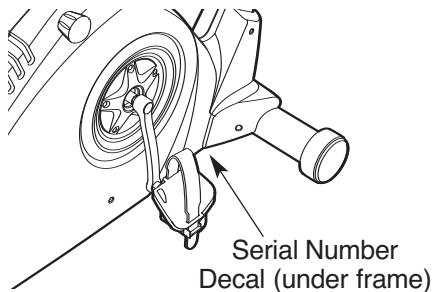


PRO-FORM[®]

755 EKG

Model No. PFEVEX3916.0

Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

Or write:

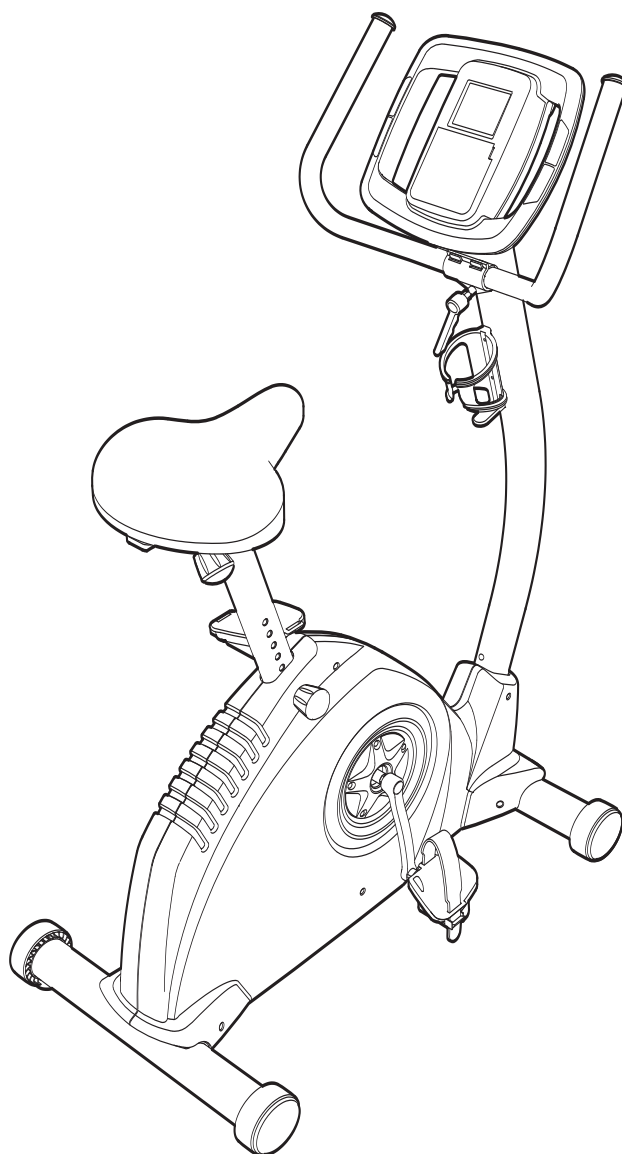
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS11 8JG
UK

email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



Visit our website at

www.iconeurope.com

PRO-FORM[®]

755 EKG

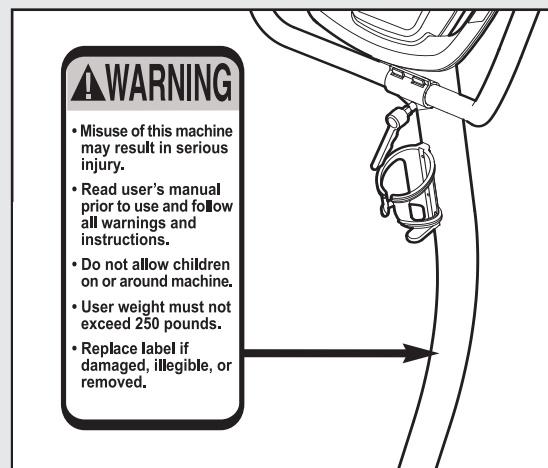
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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the exercise cycle.

1. Read all instructions in this manual and all warnings on the exercise cycle before using the exercise cycle.
2. Use the exercise cycle only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
4. The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.
5. Keep the exercise cycle indoors, away from moisture and dust. Place the exercise cycle on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the exercise cycle to mount, dismount, and use it.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under the age of 12 and pets away from the exercise cycle at all times.
8. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.
9. The exercise cycle should not be used by persons weighing more than 113kg (250 lbs).
10. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
11. Always keep your back straight while using the exercise cycle; do not arch your back.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. The decal shown below has been placed on the exercise cycle. If the decal is missing or illegible, call the telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.



⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

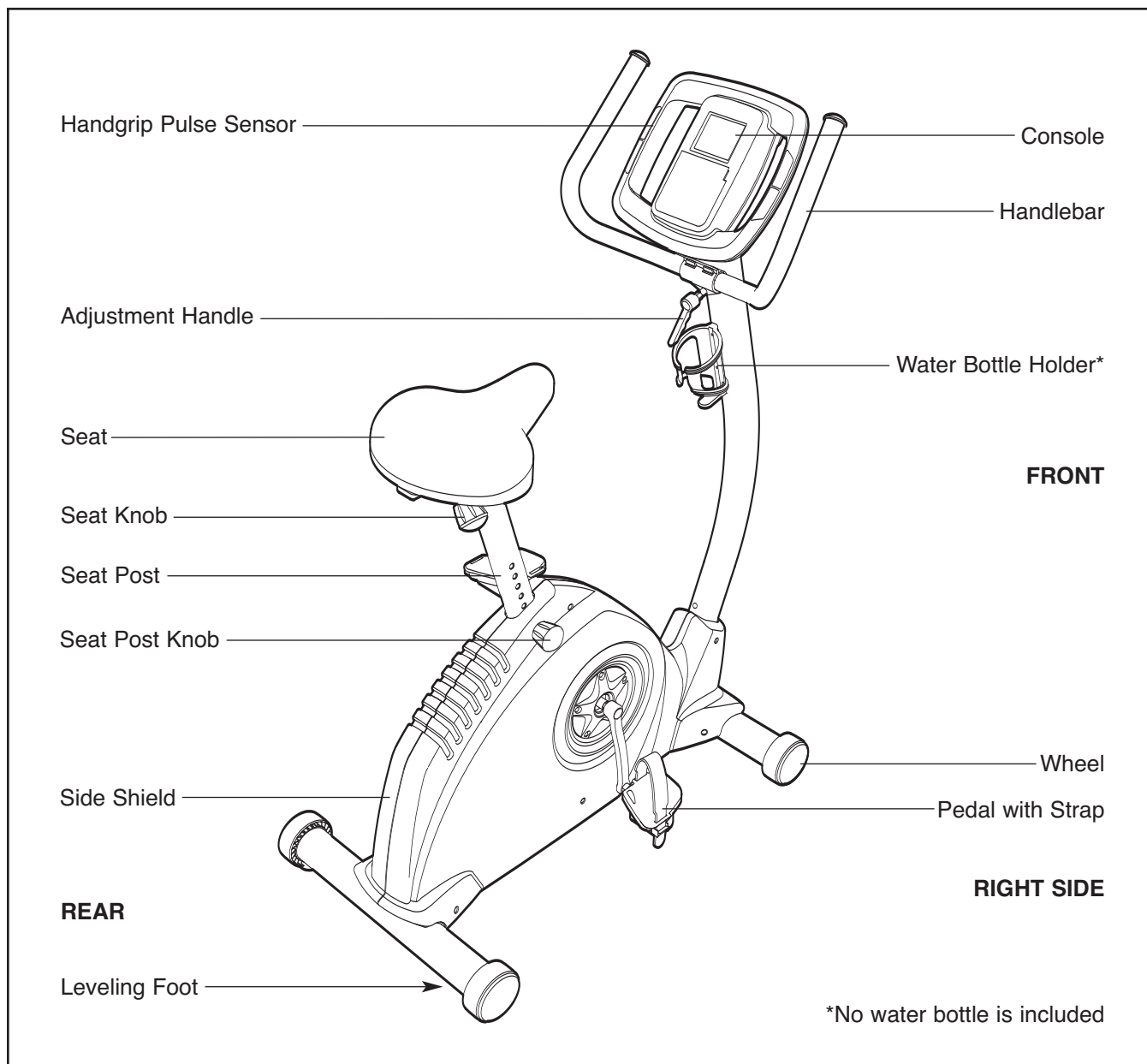
BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® 755 EKG exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The 755 EKG exercise cycle offers an impressive array of features designed to let you enjoy this healthful exercise in the comfort and convenience of your home.

For your benefit, read this manual carefully before you use the exercise cycle. If you have questions

after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number is PFEVEX3916.0. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual for the location of the decal).

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

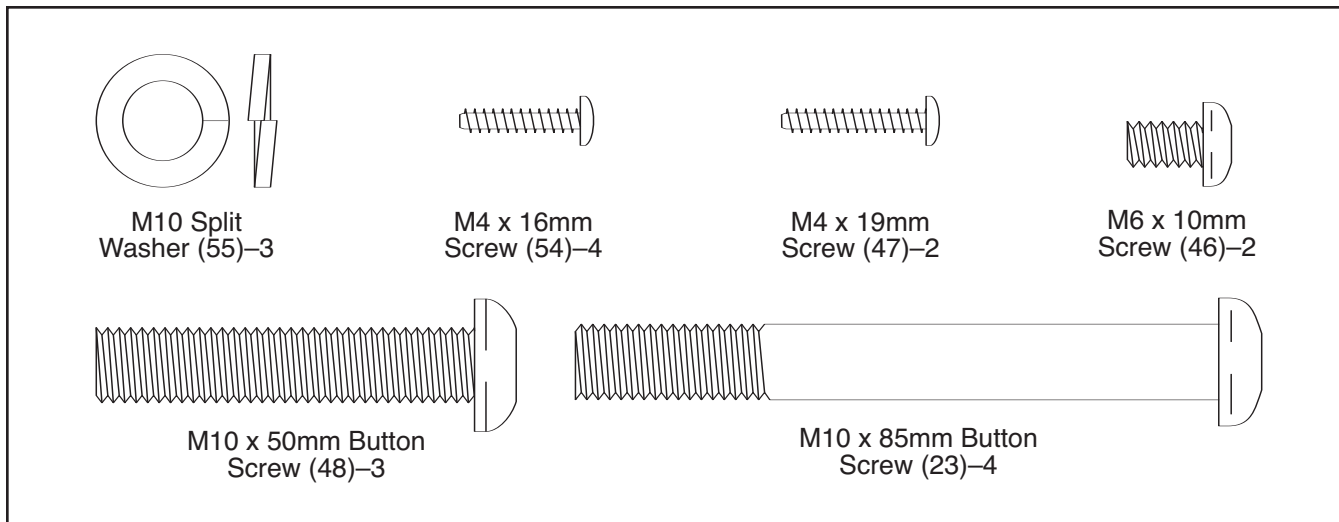


ASSEMBLY

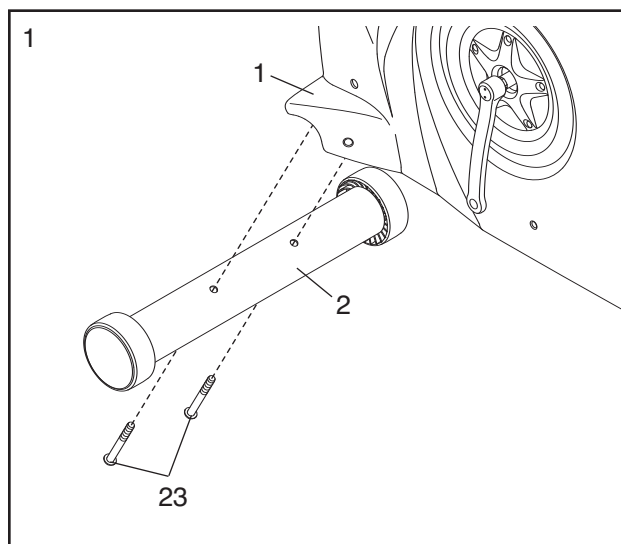
Place all parts of the exercise cycle in a cleared area and remove the packing materials. **Do not dispose of the packing materials until assembly is completed.**

In addition to the included hex keys, assembly requires a phillips screwdriver  .

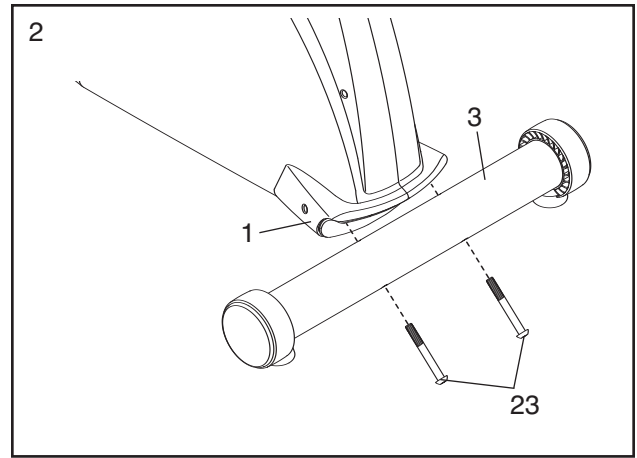
As you assemble the exercise cycle, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 18. The number following the parentheses is the quantity used in assembly. **Note: Some small parts may have been preassembled for shipping. If a part is not in the parts bag, check to see if it has been preassembled.**



1. While another person lifts the front of the Frame (1), attach the Front Stabilizer (2) to the Frame with two M10 x 85mm Button Screws (23).

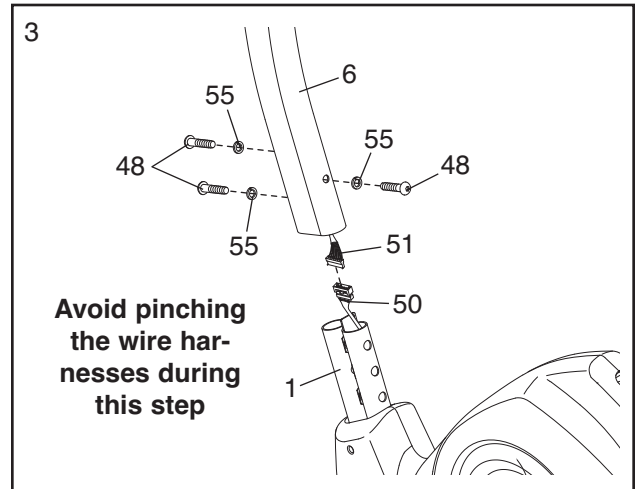


2. While another person lifts the rear of the Frame (1), attach the Rear Stabilizer (3) to the Frame with two M10 x 85mm Button Screws (23).

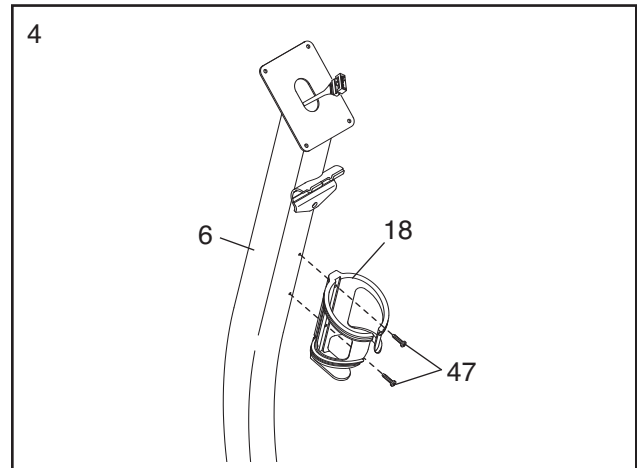


3. While another person holds the Handlebar Post (6) near the Frame (1), connect the Upper Wire Harness (51) to the Lower Wire Harness (50). Next, pull the excess Upper Wire Harness out of the top of the Handlebar Post, and slide the Handlebar Post onto the Frame. **Be careful not to pinch the Wire Harnesses.**

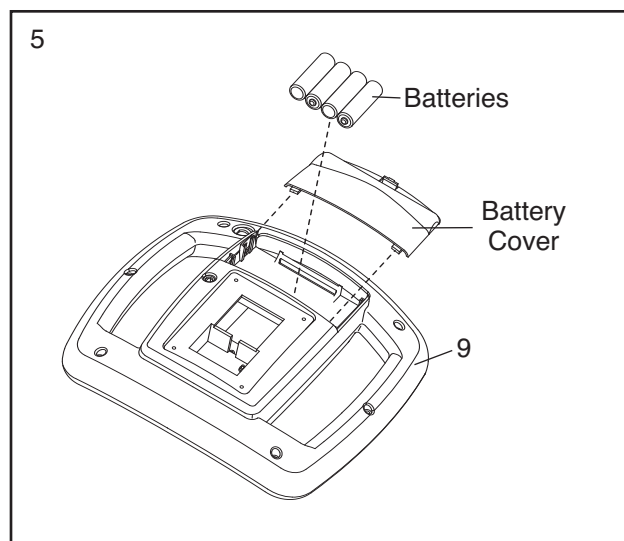
Attach the Handlebar Post (6) to the Frame (1) with three M10 x 50mm Button Screws (48) and three M10 Split Washers (55); **tighten the two Button Screws in the front of the Handlebar Post first, and then tighten the third Button Screw.**



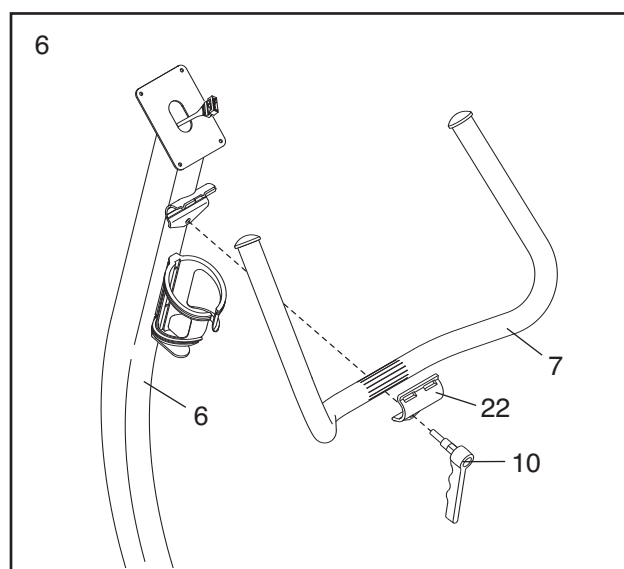
4. Attach the Water Bottle Holder (18) to the Handlebar Post (6) with two M4 x 19mm Screws (47).



5. The Console (9) requires four 1.5V “D” batteries; alkaline batteries are recommended. Press the tabs on the battery cover and remove the battery cover. Next, insert four batteries into the Console; **make sure that the batteries are oriented as shown by the diagrams inside the Console.** Then, reattach the battery cover.

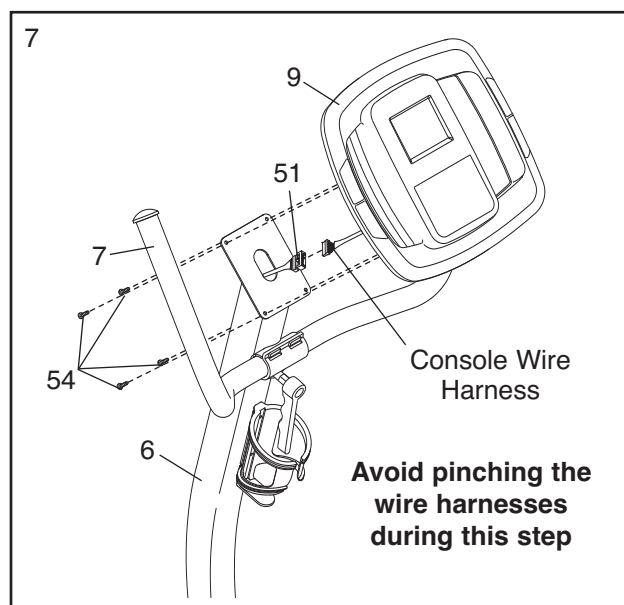


6. Attach the Handlebar (7) to the Handlebar Post (6) with the Handlebar Clamp (22) and the Adjustment Handle (10). Note: The Adjustment Handle works like a spanner. Turn the Adjustment Handle clockwise, pull it away from the Handlebar, turn it counterclockwise, push it toward the Handlebar, and then turn it clockwise again. Repeat until the Handlebar is tight.

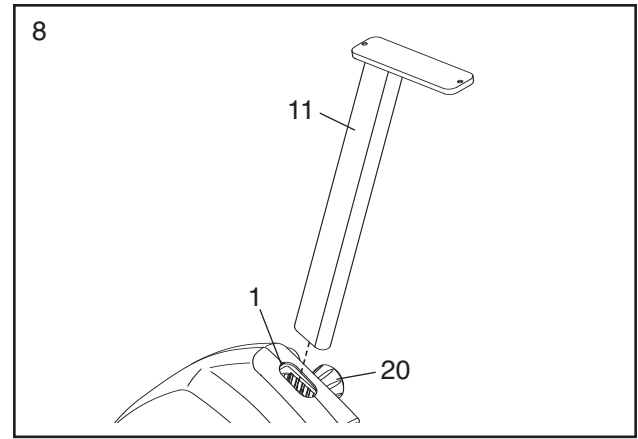


7. While another person holds the Console (9) near the Handlebar (7), connect the console wire harness to the Upper Wire Harness (51). Insert the excess wire downward into the Handlebar Post (6).

Attach the Console (9) to the Handlebar (7) with four M4 x 16mm Screws (54). **Be careful not to pinch the wire harnesses.**

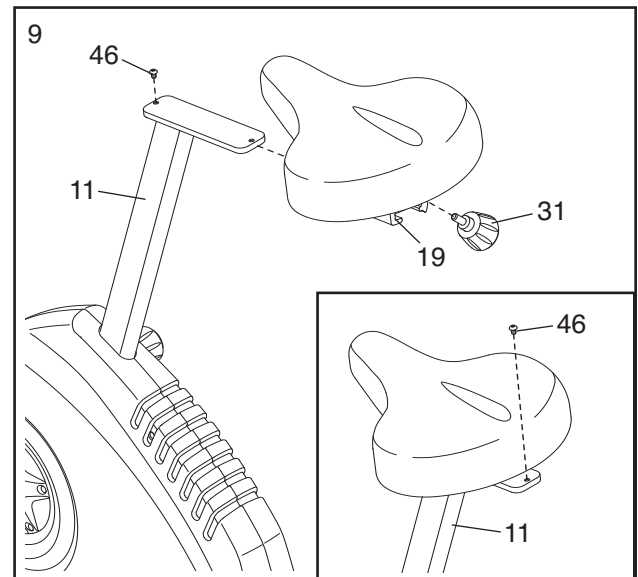


8. Turn the Seat Post Knob (20) counterclockwise several turns to loosen it. Next, pull the Seat Post Knob outward, and insert the Seat Post (11) into the Frame (1). Slide the Seat Post upward or downward to the desired position, and release the Seat Post Knob. **Move the Seat Post up or down slightly to make sure that the Seat Post Knob is engaged in one of the adjustment holes in the Seat Post.** Then, turn the Seat Post Knob clockwise to tighten it.



9. Attach an M6 x 10mm Screw (46) to the Seat Post (11). Next, slide the Seat Carriage (19) onto the Seat Post. Then, adjust the Seat Carriage to the desired position and tighten the Seat Knob (31) into the Seat Carriage.

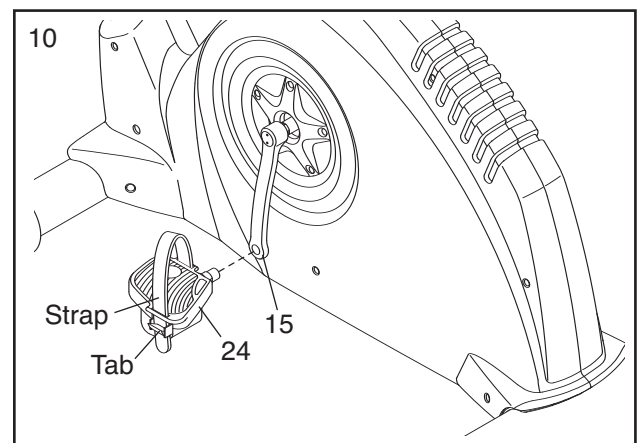
See the inset drawing. Attach another M6 x 10mm Screw (46) to the Seat Post (11).



10. Identify the Left Pedal (24), which is marked with a “Left” sticker. Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the Left Crank Arm (15). Tighten the Right Pedal (not shown) *clockwise* into the Right Crank Arm (not shown). **Important: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, keep the Pedals tightened.**

Press the tab on the side of the Left Pedal (24) and adjust the pedal strap to the desired position.

Adjust the other pedal strap (not shown) in the same way.



11. **Make sure that all parts are properly tightened before you use the exercise cycle. Note: Some hardware may be left over after assembly is completed.** Place a mat under the exercise cycle to protect the floor or carpet.

HOW TO OPERATE THE EXERCISE CYCLE

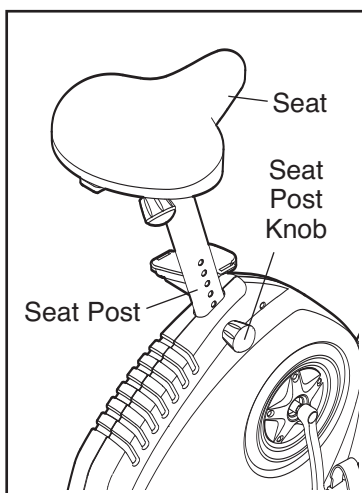
HOW TO LEVEL THE EXERCISE CYCLE

If the exercise cycle rocks slightly on your floor, turn one or both of the leveling feet under the rear stabilizer until the rocking motion is eliminated.

HOW TO ADJUST THE HEIGHT OF THE SEAT

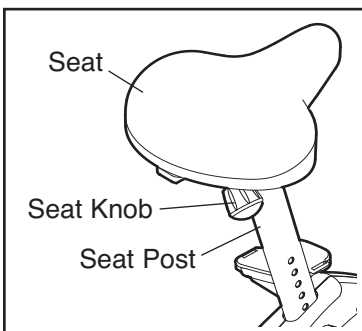
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

To adjust the seat, first turn the seat post knob counterclockwise several turns to loosen it. Next, pull the knob, slide the seat post upward or downward to the desired position, and then release the knob. **Move the seat post up or down slightly to make sure that the knob is engaged in one of the adjustment holes in the seat post.** Then, turn the knob clockwise to tighten it.



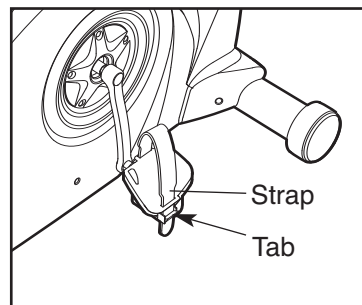
HOW TO ADJUST THE LATERAL POSITION OF THE SEAT

To adjust the lateral position of the seat, first loosen the seat knob a few turns. Then, move the seat forward or backward to the desired position, and firmly tighten the seat knob.



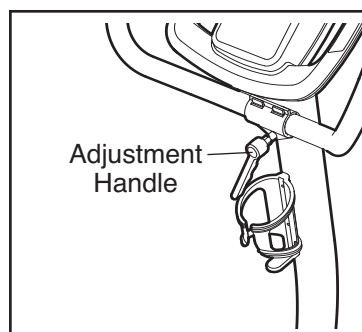
HOW TO ADJUST THE PEDAL STRAPS

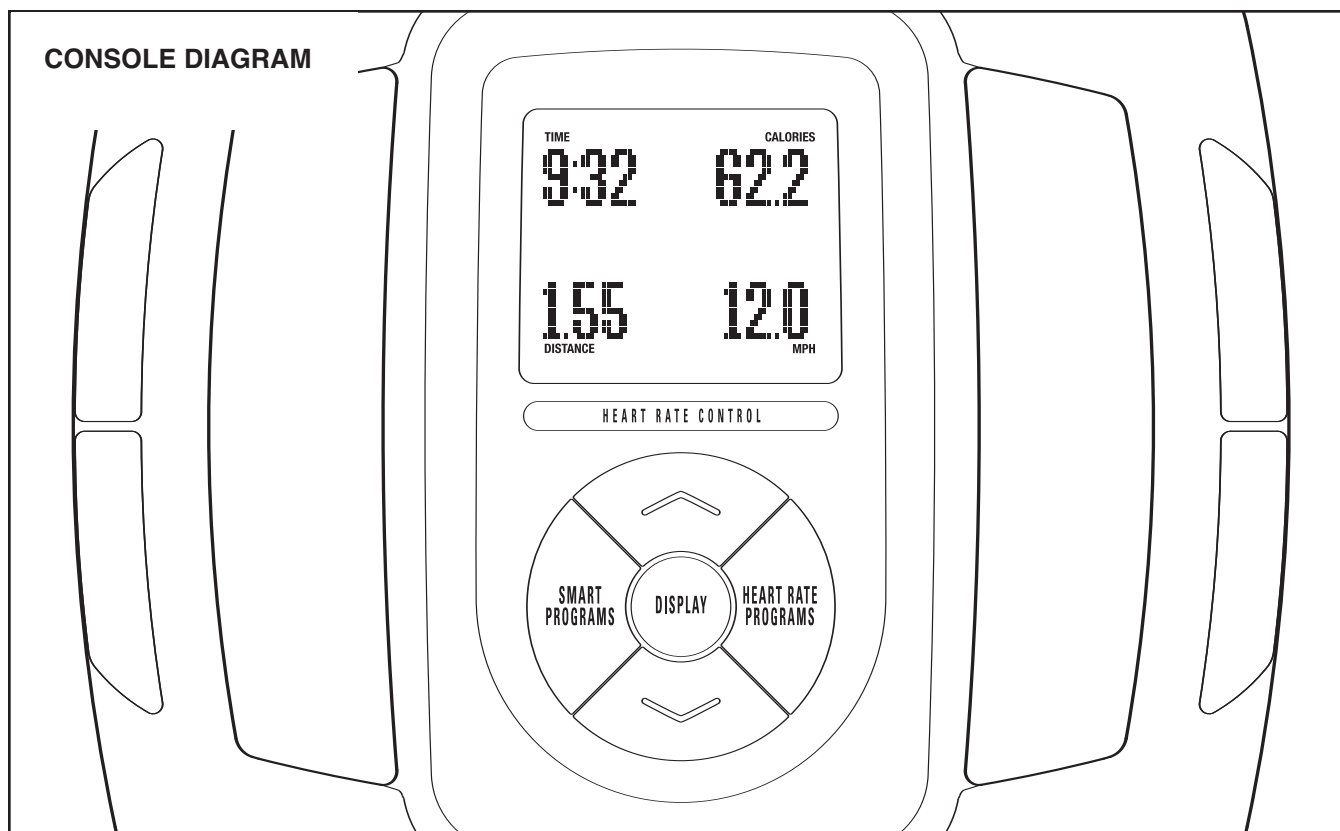
To adjust the pedal straps, press the tabs on the sides of the pedals and adjust the pedal straps to the desired position.



HOW TO ADJUST THE HANDLEBAR

To adjust the handlebar, first turn the indicated adjustment handle counterclockwise to loosen it. Note: The adjustment handle works like a spanner. Turn the handle counterclockwise, pull it away from the handlebar, turn it clockwise, push it toward the handlebar, and then turn it counterclockwise again. Repeat until the handlebar is loose. Move the handlebar up or down to the desired position and then retighten the handle.





FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more effective.

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the optional chest pulse sensor. **Note: For information about the optional chest pulse sensor, see page 15.**

The console also features eight smart programs that automatically change the resistance of the pedals and prompt you to vary your pedaling pace while guiding you through effective workouts.

In addition, the console offers two heart rate programs that automatically control the resistance of the pedals and prompt you to maintain a constant pedaling pace to keep your heart rate near target heart rate settings during your workouts.

To use the manual mode of the console, follow the steps beginning on page 11. **To use a smart program,** see page 12. **To use a heart rate program,** see page 13.

HOW TO USE THE MANUAL MODE

Note: If there is a sheet of clear plastic on the face of the console, remove the plastic.

1 Begin pedaling to turn on the console.

A moment after you begin pedaling, the display will light.

2 Select the manual mode.

Each time you turn on the console, the manual mode will be selected. If you have selected a program, reselect

the manual mode by pressing the Smart Programs button or the Heart Rate Programs button repeatedly until the word MANUAL appears in the lower left corner of the display.



3 Change the resistance of the pedals as desired.

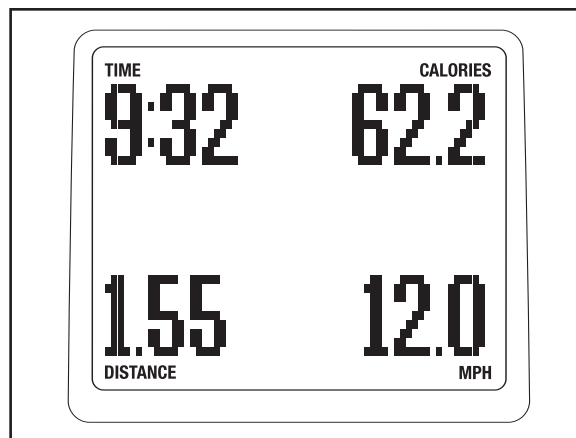
As you pedal, change the resistance of the pedals by pressing the increase and decrease buttons repeatedly. There

are ten resistance levels. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.



4 Follow your progress with the display.

The upper left corner of the display will show the elapsed time. Note: When a program is selected, the display will show the time remaining in the program instead of the elapsed time.



The lower left corner of the display will show the distance you have pedaled in miles or kilometers.

The upper right corner of the display will show the approximate number of calories you have burned. The upper right corner of the display will also show your heart rate when you use the hand-grip pulse sensor or the optional chest pulse sensor.

The lower right corner of the display will show your pedaling pace in miles or kilometers per hour.

The center of the display will show the resistance setting of the pedals for a few seconds each time the resistance setting changes.

You can also view selected information at a larger size. Press the Display button repeatedly to view time and distance information, time and calorie information, or time and speed information. Press the Display button again to view all information.

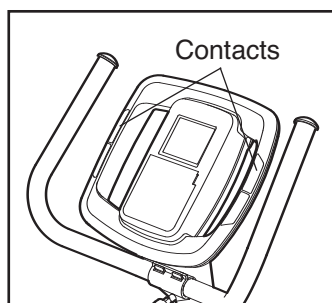
The console has three backlight options. The “On” option keeps the backlight on while the console is on. To conserve the batteries, the “Auto” option keeps the backlight on only while you are pedaling. The “Off” option turns the backlight off. To select a backlight option, first press and hold down the Smart Programs button for several seconds. Next, press the increase button to select the desired backlight option. Then, press the Smart Programs button to save your selection.

The console can show speed and distance in either miles or kilometers. The letters MPH or KM/H will appear in the display to show which unit of measurement is selected. To change the unit of measurement, first press and hold down the Smart Programs button for several seconds. The word ENGLISH or METRIC will appear in the display. Next, press the decrease button to select the desired unit of measurement. Then, press the Smart Programs button to save your selection.

5 Measure your heart rate if desired.

You can measure your heart rate using either the handgrip pulse sensor or the optional chest pulse sensor (see page 15 for information about the optional chest pulse sensor). Note: If you hold the handgrip pulse sensor and wear the chest pulse sensor at the same time, the console will not display your heart rate accurately.

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts too tightly.**



When your pulse is detected, one, two, or three dashes will appear, and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds. Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for up to 30 seconds.

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts too tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6 When you are finished exercising, the console will turn off automatically.

If the pedals do not move for several seconds, a tone will sound and the console will pause. If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

HOW TO USE A SMART PROGRAM

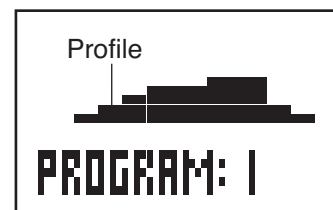
1 Begin pedaling to turn on the console.

A moment after you begin pedaling, the display will light.

2 Select a smart program.

To select one of the eight smart programs, press the Smart Programs button repeatedly until Program 1, 2, 3, 4, 5, 6, 7, or 8

appears in the display. The program time and a profile of the resistance settings for the program will also appear in the display.

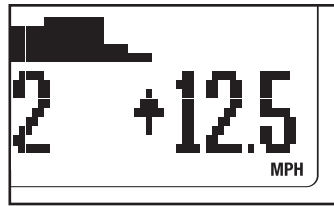


3 Begin pedaling to start the program.

Each program is divided into 20 or 30 one-minute segments. One resistance setting and one target pace (speed) setting are programmed for each segment. Note: The same resistance and/or target pace setting may be programmed for two or more consecutive segments.

During the program, the program profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the program. The height of the flashing segment indicates the resistance setting for the current segment. At the end of each segment of the program, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance setting is programmed for the next segment, the resistance setting will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, you will be prompted to keep your pedaling pace near the target pace setting for the current segment.



When an upward arrow appears in the display, increase your pace. When a downward arrow appears in the display, decrease your pace. When no arrow appears in the display, maintain your current pace.

Important: The target pace settings are intended only to provide motivation. Your actual pace may be slower than the target pace settings. Make sure to pedal at a pace that is comfortable for you.

If the resistance setting for the current segment is too high or too low, you can manually override the setting by pressing the decrease and increase buttons. **Important: When the current segment of the program ends, the pedals will automatically adjust to the resistance setting for the next segment.**

The program will continue in this way until the last segment ends. To stop the program at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the program, simply resume pedaling.

4 Follow your progress with the display.

See step 4 on page 11.

5 Measure your heart rate if desired.

See step 5 on page 12.

6 When you are finished exercising, the console will turn off automatically.

See step 6 on page 12.

HOW TO USE A HEART RATE PROGRAM

1 Begin pedaling to turn on the console.

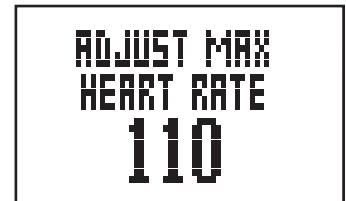
A moment after you turn on the console, the display will light.

2 Select a heart rate program.

To select one of the two heart rate programs, press the Heart Rate Programs button once or twice until the desired program is selected.

3 Enter a target heart rate setting.

When you select a heart rate program, the maximum target heart rate setting will appear in the center of the display.



Press the increase and decrease buttons to change the maximum heart rate setting if desired. Note: If you change the maximum target heart rate setting, the intensity level of the entire program will change.

The program time and a profile of the target heart rate settings for the program will then appear in the display.

4 Hold the handgrip pulse sensor or wear the optional chest pulse sensor.

To use a heart rate program, you must hold the handgrip pulse sensor or wear the optional chest pulse sensor (see page 15 for information about the optional chest pulse sensor). Note: If you hold the handgrip pulse sensor and wear the chest pulse sensor at the same time, the console will not display your heart rate accurately.

If you use the handgrip pulse sensor, it is not necessary to hold the handgrip pulse sensor continuously during a heart rate program; however, you should hold the handgrip pulse sensor frequently for the program to operate properly. **Each time you hold the handgrip pulse sensor, keep your hands on the metal contacts for at least 30 seconds.**

5 Begin pedaling to start the program.

Each heart rate program is divided into 20 or 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for two or more consecutive segments.

The target heart rate setting for the first segment will be shown in the flashing segment of the display. The height of the flashing segment indicates the target heart rate setting for the current segment. At the end of each segment of the program, a series of tones will sound and the next segment of the profile will begin to flash. If a different target heart rate setting is programmed for the next segment, the target heart rate will appear in the display for a few seconds to alert you.

As you pedal, the console will regularly compare your heart rate to the target heart rate setting. If your heart rate is too far below or above the target heart rate, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate.

You will also be prompted to pedal at a steady pace. When an upward arrow appears in the display, increase

your pace. When a downward arrow appears in the display, decrease your pace. When no arrow appears in the display, maintain your current pace. **Important: Make sure to pedal at a pace that is comfortable for you.**



If the resistance setting for the current segment is too high or too low, you can manually override the setting by pressing the decrease and increase buttons; however, if you change the resistance settings, you might not maintain the target heart rate. Also, when the console compares your heart rate to the target heart rate setting, the resistance of the pedals may automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

The program will continue in this way until the last segment ends. To stop the program at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the program, simply resume pedaling.

6 Follow your progress with the display.

See step 4 on page 11.

7 Measure your heart rate if desired.

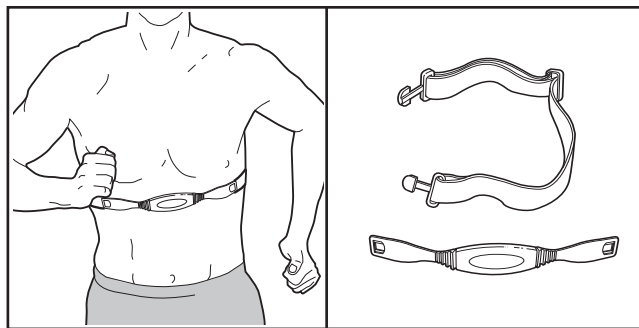
See step 5 on page 12.

8 When you are finished exercising, the console will turn off automatically.

See step 6 on page 12.

THE OPTIONAL CHEST PULSE SENSOR

The optional chest pulse sensor provides hands-free operation and continuously monitors your heart rate during your workouts. **To purchase the optional chest pulse sensor, call the telephone number on the front cover of this manual.**



MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the exercise cycle regularly. The exercise cycle can be cleaned with a soft, damp cloth. To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

TIGHTENING THE PEDALS

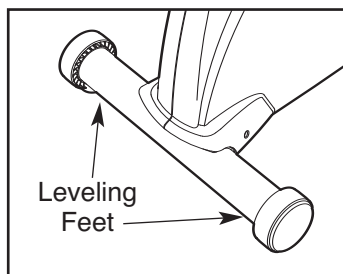
For best performance, regularly tighten both pedals.

CONSOLE TROUBLESHOOTING

If the console display becomes dim, the batteries should be replaced. See assembly step 5 on page 7 for replacement instructions. If the console does not display your heart rate when you use the handgrip pulse sensor, see step 5 on page 12.

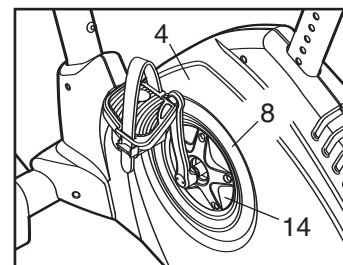
HOW TO LEVEL THE EXERCISE CYCLE

If the exercise cycle rocks slightly on your floor, turn one or both of the leveling feet until the exercise cycle is level.

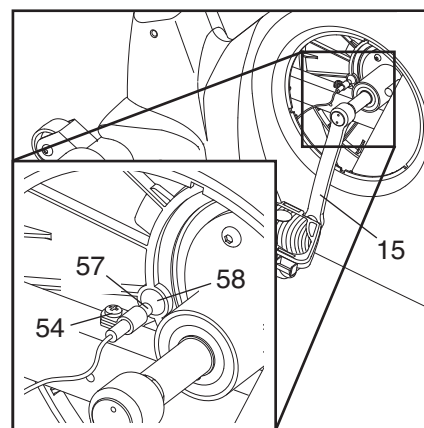


HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. First, use a small flat screwdriver to carefully pry off the left Side Shield Cover (14). Next, rotate the left Pedal Guard (8) and pull it away from the Left Side Shield (4).



Next, locate the Reed Switch (57). Turn the Left Crank Arm (15) until the Magnet (58) is aligned with the Reed Switch. Loosen, but do not remove, the indicated M4 x 16mm Screw (54).



Slide the Reed Switch slightly closer to or away from the Magnet. Then, retighten the Screw. Turn the Left Crank Arm for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the left Pedal Guard (8) and the left Side Shield Cover (14).

CONDITIONING GUIDELINES

WARNING:




Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	155	145	140	130	125	115	
145	138	130	125	118	110	103	
125	120	115	110	105	95	90	
20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age; the three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; and the highest number is the heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number or the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. The key to success is make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, backs of knees, and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back, and groin.

3. Calf/Achilles Stretch

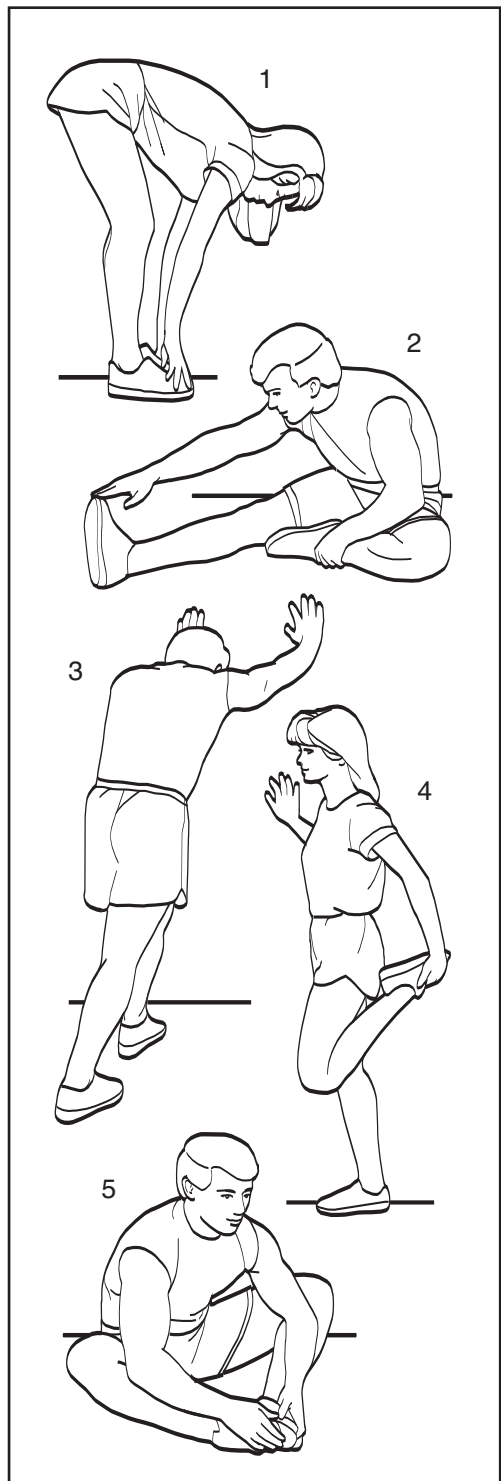
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward, and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons, and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST—Model No. PFEVEX3916.0

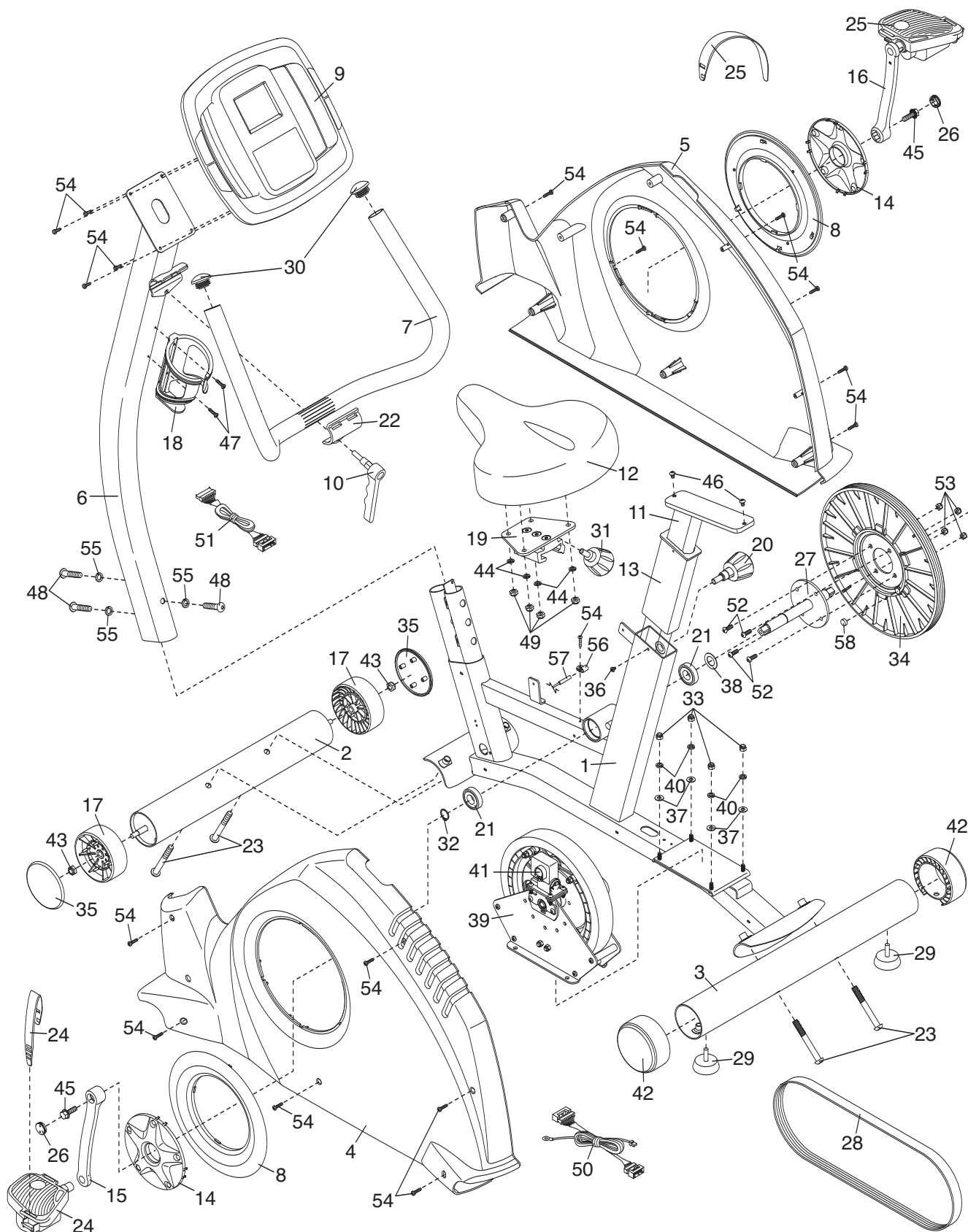
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	31	1	Seat Knob
2	1	Front Stabilizer	32	1	Crank Snap Ring
3	1	Rear Stabilizer	33	4	M6 Nylon Locknut
4	1	Left Side Shield	34	1	Pulley
5	1	Right Side Shield	35	2	Wheel Cover
6	1	Handlebar Post	36	1	M4 x 5mm Screw
7	1	Handlebar	37	4	M6 Washer
8	2	Pedal Guard	38	1	Crank Washer
9	1	Console	39	1	Flywheel
10	1	Adjustment Handle	40	4	M6 Split Washer
11	1	Seat Post	41	1	Resistance Motor
12	1	Seat	42	2	Stabilizer Endcap
13	1	Collar	43	2	M8 Nylon Jamnut
14	2	Side Shield Cover	44	4	M8 Split Washer
15	1	Left Crank Arm	45	2	5/16" x 1" Flange Screw
16	1	Right Crank Arm	46	2	M6 x 10mm Screw
17	2	Wheel	47	2	M4 x 19mm Screw
18	1	Water Bottle Holder	48	3	M10 x 50mm Button Screw
19	1	Seat Carriage	49	4	M8 Nylon Locknut
20	1	Seat Post Knob	50	1	Lower Wire Harness
21	2	Crank Bearing	51	1	Upper Wire Harness
22	1	Handlebar Clamp	52	4	M6 x 16mm Screw
23	4	M10 x 85mm Button Screw	53	4	M6 Nylon Locknut
24	1	Left Pedal/Strap	54	17	M4 x 16mm Screw
25	1	Right Pedal/Strap	55	3	M10 Split Washer
26	2	Crank Cover	56	1	Clamp
27	1	Crank	57	1	Reed Switch/Wire
28	1	Belt	58	1	Magnet
29	2	Leveling Foot	#	1	User's Manual
30	2	Handlebar Endcap	#	2	Hex Key

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. PFEVEX3916.0

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ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (PFEVEX3916.0)
- the NAME of the product (PROFORM 755 EKG exercise cycle)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see page 18)